

Search terms

| Search | Query |
|---------------|--|
| #1 | "digital health" OR "online intervention" OR "internet based" OR "web based" OR "electronic health" OR eHealth OR "mobile health" OR mHealth OR "electronic mail" OR email OR "text messaging" OR telemedicine OR telehealth |
| #2 | overweight OR obesity OR "weight management" OR "weight control" OR "weight gain" OR "weight gain prevention" OR "weight loss" OR diet* OR nutrition OR "physical activity" OR exercise |
| #3 | intervention* OR "randomized controlled trial" OR evaluation OR trial* OR campaign* OR program* OR study |
| #4 | "young adult*" OR "college student*" OR "university student*" OR "emerging adult*" OR "young people" |
| #5 | #1 AND #2 AND #3 AND #4 |
| Limits | English language, peer reviewed, and human |

Databases and search results

| Database | Search selection | Hits from search |
|----------------------------------|-------------------------|-------------------------|
| CINAHL (via EBSCOhost) | AB, TI, SU | 163 |
| Cochrane Library | AB, TI, KW | 282 |
| EBSCO (all databases) | AB, TI, SU | 195 |
| Embase | AB, TI | 248 |
| Emerald (full-text) | AB, TI, KW | 0 |
| ERIC (via ProQuest) | AB, TI, SU | 37 |
| MEDLINE (via EBSCOhost) | AB, TI, SU | 237 |
| Ovid (all databases) | AB, KW, SU | 321 |
| ProQuest (all databases) | AB, TI, SU | 126 |
| PsycINFO (via Ovid) | AB, KW, SU | 120 |
| PubMed | AB, TI | 64 |
| Science Direct (expert search) | TITLE-ABSTR-KEY | 4 |
| Scopus | TI, AB, KW | 1038 |
| Web of Science (Core collection) | TS, TI | 445 |
| Total | | 3280 |
| Total after duplicates removed | | 1301 |

Note: AB = abstract, KW = keywords, SU = subject terms/headings, TI = title/document title, TS = topic